



FOR NATURE STUDY

Every Girl Should Know by Name, the Birds and Trees in Her Neighborhood—Let the Girl in the Country Send Boxes of Wild Flowers to City School Rooms—How the Schoolgirl of Yesterday Spent "Exchanged Afternoons"—The Study of Stars Will Please the Maid With the Scientific Mind.

BY MARGARET E. SANGSTER.

Nature study is supposed to be a quite different thing from the study of books. In a way it may be true that the two kinds of study are not very much alike, but in another way they cannot be separated. Nature is around us wherever we turn; above us stretches the sky; we breathe the air; we have, whether we live in town or in the country, the sights and sounds of nature near us all the time. If we have only a little back yard with a small plot of grass and a pot or two of flowers, if our only acquaintance with birds is derived from a canary or a parrot in a cage, we still may study nature, although not with the same degree of interest that will be ours when we make excursions to green fields.

I take it for granted that the girls who are studying nature are doing so to some purpose. Every one of us ought to know by sight and touch the trees in the locality nearest our homes. We should know them by their peculiarities of bark and branch and bud and leaf. We should know the flowers that grow in our countryside, recognizing them by their peculiarities of root, stem and flower, of color and perfume.

We should likewise know the birds. Nothing is more absorbing than the study of birds. They are fascinating little creatures. Their habits, manners and customs are not so very opposite our own when we really penetrate their secrets. In a single rather small neighborhood in New Jersey a bird lover last summer counted no less than 52 varieties of birds. Their migrations, their nests, their patience in finding food for their young, the mother's and father's care in showing the young birds how to fly, all these are interesting parts of nature study. But it is not so much of this that I am thinking as I write to you, as of the way in which we may help one another in these days. Girls who live in the country ought to have a mission to their city cousins, and when spring and summer bring their pleasant days boxes of wild flowers and garden flowers, too, should be sent weekly to the schoolrooms where the pupils have no easy way of getting specimens for themselves. Schools in different parts of the country should exchange flowers, shells and other interesting properties of the nature study class, and it would not be at all a bad idea if there were a regular system of correspondence between Jean of the little village and Betty of the big city, all about the work each was doing in her study of nature.

Another helpful thing that I recommend is the marking of passages in the poetry and prose that you read with an especial look to their bearing on nature. You will find that the poets care a great deal about the winds and the waves, the sky and the earth, and that real poetry is full of beautiful allusions to the phenomena of the world we live in. Tennyson, whom you will study in your classes in English literature, has so much intimate knowledge of nature that his poetry is almost a guide book to the flowers of his native land. Longfellow, Whittier and Emerson have a great deal to say about nature. When you read the great masters of fiction you will find that they have whole pages devoted to descriptions of scenery and that some of them paint nature in words as if with the brush of an artist.

A good plan is to have a commonplace book and whenever you find something that you like write it down for future reference.

When I was a girl we studied botany out under the trees. There was a particularly charming bit of woodland near our school, and our nature study was always carried on out of doors. Our teacher had a seat on a gray rock, covered with a blanket shawl. Maybe you never heard of a blanket shawl, but if you had gone with Miss Jane and had been privileged to carry her Scotch plaid over your arm you would have known what a delightful and convenient wrap it was.

The girls grouped themselves around on the grass near a brookside and as the lesson went on the brook sang and sparkled and the sound of its lullaby and the gleam of its waters made music and sunshine in our souls. We learned a great deal about botany in those enchanted afternoons, and we learned, too, a love of nature that is not gained by those who study her only in dried specimens between white-washed walls.

You may be interested to know that

we always carried a luncheon on the expeditions, and it was not the least interesting part of the occasion. Girls who fell below a certain percentage in their studies were not permitted to take up botany in their work. The opportunity of studying nature was thus made very honorable and precious, and we held it as something worth striving for.

The study of astronomy captivates those who have a scientific turn of mind. To learn the names of the constellations and to recognize some of the planets when they appear above the horizon is not beyond an ordinary mind, but the study of astronomy is, on the whole, too abstruse to be attractive to very young girls. Definitions and formulas you may learn, but to grasp the principles of astronomy you require maturity and insight; for these you must wait. But you need not wait to learn by heart Addison's exquisite lyric that begins:

The spacious firmament on high,
And all the blue, ethereal sky,
And spangled heavens a shining frame,
Their great original proclaim.

I knew a wee tot once, a dimpled creature with serious eyes, who did not want to take lessons in music. Lifting her little hand she pointed upward and said: "I would rather study astronomy." Although the child did not know it, astronomy and music and mathematics are all somehow akin to one another, and she who is proficient in any one of them may hope to become proficient in them all.

One April day as I watched the birds, our little brothers of the air, busy with their housekeeping, I wrote a bit of verse that you may like in any month of the year, since, though it has an April measure, you may read it in May or June, and like it just as well.

The Building of the Nest.
They'll come again to the apple tree—
Robin and all the rest—
When the orchard branches are fair to see,
In the snow of the blossom dress;
And the prettiest thing in the world will be
The building of the nest.

Weaving it well, so round and trim,
Following it with care,
Nothing too far away for him,
Go flying to and fro;
Nothing for her too fair,
Hanging it safe on the topmost limb,
Their castle in the air.

Ah! mother-bird, you'll have weary days,
When the eggs are under your breast,
And shadow may darken the dancing rays
When the wee ones leave the nest;
But they'll find their wings in a glad amaze,
And God will see to the rest.

So come to the trees with all your train
When the apple blossoms grow;
Through the April shimmer of sun and rain,
Go flying to and fro;
And sing to our hearts as we watch again
Your fairy buildings grow.
(Copyright, 1906, by Joseph B. Bowles.)

A VERY DAINTY LITTLE CLOAK.

Made of White Muslin and Trimmed with Fine Embroidery.

This is a simple little pelisse for summer wear to be made in cambric, muslin, lawn, pique, or white washing silk. Our model is in white muslin; the pelisse itself is made with a little square yoke of double material, to this the lower part is slightly gathered; it fastens down the front with pearl buttons, the foot is turned



For Baby of One Year.

up with a wide hem, above which is a row of muslin embroidery insertion. The cape is edged with a frill of muslin embroidery. The collar is of piece embroidery edged with a frill like the cape.

Bonnet of white muslin.
Materials required: Three and one-quarter yards 36 inches wide, two yards insertion, one-half yard piece embroidery, and about nine yards frilling.

GOOD COLORS FOR HOUSES.

It is not generally known—not even among painters—why certain tints and colors wear much better than others on houses, and the knowledge of just what tints are best to use is, therefore, rather hazy.

One writer on paint, in a recent book, says that experiments seem to show that those colors which resist or turn back the heat rays of the sun, will protect a house better than those which allow these rays to pass through the film.

Thus red is a good color because it turns back, or reflects, the red rays, and the red rays are the hot rays.

In general, therefore, the warm tones are good and the cold tones are poor, so far as wear is concerned. In choosing the color of paint for your house, select reds, browns, grays and olives which, considering the various tones these tints will produce, will give a wide range from which to choose.

Avoid the harsh tints, such as cold yellows (like lemon), cold greens (like grass green, etc.), and the blues.

It must be understood that no virtue is claimed for tints in themselves, irrespective of the materials used in the paint. Any color will fade, and the paint will scale off, if adulterated white lead or canned paint is used, but if one is careful to use the best white lead—some well-known brand of a reliable manufacturer—and genuine linseed oil, the warm tints mentioned above will outwear the same materials tinted with the cold colors.

When the average man does you a favor he never lets you forget it.

PUTNAM'S FADELESS DYES color more good brighter colors, with less work than others.

Gen. Mercer in England.
Gen. Mercer, who has fled from Paris to England, where he hasn't been enthusiastically received, once delivered in the French senate an elaborate speech on the feasibility of invading England.

Chinese Ingenuity.
Many attempts have been made to find an unfailing supply of pearls. The Chinese, it is said, have solved in their own way the problem of how to make a mussel "lay" pearls. Five or six small beads, made of mother-of-pearl and strung together by a thread, are dropped at the proper season into the open mouth of the shell. Two years later the mussel, when recovered, is made to disgorge the beads, now covered with a pearly crust, indistinguishable from the naturally made pearl.

His Interest Was Personal.
An eccentric member of the British parliament who died recently endeavored vainly during a quarter of a century to get passed into law a bill for preventing persons from standing outside windows while cleaning them. During his last session the old fellow complained to a colleague that his object in introducing the bill had been quite misunderstood by the house for these 25 years. "I introduced the bill," said he, "not for the sake of the window cleaners, but for the sake of the people below, on whom they might fall. The idea of the bill was suggested to me by the fear that a window cleaner might fall on myself."

Butler's Stolen Fee.
The late Hon. Joseph Q. Hoyt, formerly of Boston, when a lad attended a circus and his silver watch was stolen. The supposed thief was arrested, and was defended by Benjamin F. Butler, who proved he did not take the watch, and never was at the circus.

During the civil war Hoyt was introduced to Butler at a dinner at the Astor house, in New York, and the latter remarked: "This is the first time I have had the pleasure of meeting you."

"Oh, no!" said Hoyt, who then related the circus incident.

"Was that you, Hoyt?" asked Butler, and, being answered in the affirmative, Butler laughed and said: "That was an awful good watch, Hoyt. That is all I got for defending the thief."

SALLOW FACES

Often Caused by Coffee Drinking.

How many persons realize that coffee so disturbs digestion that it produces a muddy, yellow complexion?

A ten days' trial of Postum Food Coffee has proven a means, in thousands of cases, of clearing up bad complexions.

A Wash. young lady tells her experience:

"All of us—father, mother, sister and brother—had used tea and coffee for many years until finally we all had stomach troubles more or less."

"We were all sallow and troubled with pimples, breath bad, disagreeable taste in the mouth, and all of us simply so many bundles of nerves."

"We didn't realize that coffee was the cause of the trouble until one day we ran out of coffee and went to borrow some from a neighbor. She gave us some Postum and told us to try that."

"Although we started to make it, we all felt sure we would be sick if we missed our strong coffee, but we were forced to try Postum and were surprised to find it delicious."

"We read the statements on the pkg. got more and in a month and a half you wouldn't have known us. We were all able to digest our food without any trouble, each one's skin became clear, tongues cleaned off and nerves in fine condition. We never use anything now but Postum. There is nothing like it." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville." "There's a reason."

COULD NOT KEEP UP.

Broken Down, Like Many Another Woman, with Exhausting Kidney Troubles.

Mrs. A. Taylor, of Wharton, N. J., says: "I had kidney trouble in its most painful and severe form, and the torture I went through now seems to have been almost unbearable. I had back-ache, pains in the side and loins, dizzy spells and hot, feverish headaches. There were bearing-down pains, and the kidney secretions



passed too frequently, and with a burning sensation. They showed sediment. I became discouraged, weak, languid and depressed, so sick and weak that I could not keep up. As doctors did not cure me I decided to try Doan's Kidney Pills, and with such success that my troubles were all gone after using eight boxes, and my strength, ambition and general health is fine."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Facts About Alaska.

Alaska is an interesting region. In area she is twice as large as Texas, with California thrown in, but her resident white population numbers only about 30,000, though in summer she has from 10,000 to 20,000 more whites. In fur, fish and minerals she is rich. Since her annexation she has furnished \$50,000,000 of furs, \$60,000,000 of fish and \$70,000,000 of minerals, chiefly gold and silver. Her output of gold, which was \$9,000,000 in 1904, was \$16,000,000 in 1905, and will be fully \$25,000,000 in 1906.—Leslie's Weekly.

How Emperor William is Battling Against a Dangerous Heredity.

Emperor William's father died of cancer of the throat.

Emperor William himself had infantile paralysis, and has had to struggle with many infirmities.

It has been whispered that he himself is troubled with the same malady which carried off his father. Royal blood is unfortunately most generally deteriorated blood. Emperor William knows this as well as anybody, and is doing his best to eradicate the bad blood from himself and his family by the adoption of simple life principles.

Through the visit of a countryman of his to Battle Creek, Michigan, while in this country, visiting the World's Fair in Chicago in 1893, Emperor William became acquainted with the Battle Creek idea of simple living and has to a large extent adopted the methods in his family. His wife and children live the simple life and take Battle Creek light baths. Their uncle, King Edward, also has these baths installed in his Windsor and Buckingham Palaces for the use of himself and Queen Alexandra.

Among other things **GOOD HEALTH**, the oldest health journal in the world, tells about the Battle Creek idea and the simple life. Every number is brimful of up-to-date ideas. Sample copy 10 cents. One dollar a year.

If you will cut this out and send to **GOOD HEALTH PUBLISHING CO.**, Battle Creek, Mich., with a quarter you will receive a trial three months' subscription to this handsome illustrated monthly health magazine. Write to-day.

Ian Maclaren's Successor.

The Rev. Alexander Connell, who succeeds to Ian Maclaren's pulpit at Sefton Park, Liverpool, has been pastor of Regent Square Presbyterian church, London, since 1893. He was born in the Scotch Highlands just 40 years ago.

CASTORIA

For Infants and Children

Bears The Signature Of *Chas. H. Fletcher* In Use For Over Thirty Years The Kind You Have Always Bought

Libby's Food Products

enable you to enjoy your meals without having to spend half your time between them over a hot cook-stove. All the cooking is done in Libby's kitchen—a kitchen as clean and neat as your own, and there's nothing for you to do but enjoy the result. Libby's Products are selected meats, cooked by cooks who know how, and only the good parts packed. For a quick and delicious lunch any time, in dogs or out, try Libby's Melrose Pate—Libby's Camp Sauce. *Booklet free. "How to Make Good Things to Eat."* Write Libby, McNeill & Libby, Chicago



SICK HEADACHE

CARTER'S LITTLE LIVER PILLS. Positively cured by these Little Pills. They also relieve Distress from Dyspepsia, Indigestion and Too Hearty Eating. A perfect remedy for Dizziness, Nausea, Drowsiness, Bad Taste in the Mouth, Coated Tongue, Pain in the Side, TORPID LIVER. They regulate the Bowels. Purely Vegetable.

SMALL PILL. SMALL DOSE. SMALL PRICE.

CARTER'S LITTLE LIVER PILLS. Genuine Must Bear Fac-Simile Signature *Wm. D. Carter* REFUSE SUBSTITUTES.

Indian Territory Land

All the news of the new state. All the land laws and rules in **THE NEW STATE TRIBUNE**, a twelve page weekly—with more than three times the circulation of any other paper in the Territory, for \$1.00 per year. **MUSKOGEE, INDIAN TY.**

SALESMEN WANTED.

We want a live, active and thoroughly experienced salesman in this locality with sufficient money to buy outright his first month's supply of our **Simplex Low Pressure Hollow Wire Gasoline Lights**. A utility needed in every store and home and fully complying with insurance rules. To such a man we will give exclusive sales right and guarantee to refund money if goods not sold in 60 days. Further particulars on request. The Standard-Gillett Light Co., 930 N. Halsted St., Chicago, Ill.

60 Bus. Winter Wheat Per Acre

That's the yield of Salzer's Red Cross Hybrid Winter Wheat. Send 2c in stamps for free sample of same, as also catalogue of Winter Wheat, Rye, Barley, Clovers, Timothy, Grasses, Buils, Trees, etc. for fall planting. **SALZER SEED CO., Box W. E. La Crosse, Wis.**

PIMPLES BLACKHEADS



Cuticura SOAP

To treat Pimples and Blackheads, Red, Rough, Oily Complexions, gently smear the face with Cuticura Ointment, the Great Skin Cure, but do not rub. Wash off the Ointment in five minutes with Cuticura Soap and hot water, and bathe freely for some minutes. Repeat morning and evening. At other times use Cuticura Soap for bathing the face as often as agreeable. No other Skin Soap so pure, so sweet, so speedily effective.

Cuticura Soap combines delicate medicinal and emollient properties derived from Cuticura, the great Skin Cure, with the purest of cleansing ingredients and the most refreshing of flower odors. Two Soaps in one—Cuticura, a Medical and Toilet Soap. Depot: London, 17, Chatterhouse Sq.; Paris, 6 Rue de la Paix; Boston, 137 Columbus Ave.; Foster Drug & Chem. Corp., New York. *Free Mailed Free, "How to Beautify the Skin."*

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If afflicted with sore eyes, use **Thompson's Eye Water**

A. N. K.—C (1906—34) 2140.

THE LAXATIVE OF KNOWN QUALITY

There are two classes of remedies; those of known quality and which are permanently beneficial in effect, acting gently, in harmony with nature, when nature needs assistance; and another class, composed of preparations of unknown, uncertain and inferior character, acting temporarily, but injuriously, as a result of forcing the natural functions unnecessarily. One of the most exceptional of the remedies of known quality and excellence is the ever pleasant Syrup of Figs, manufactured by the California Fig Syrup Co., which represents the active principles of plants, known to act most beneficially, in a pleasant syrup, in which the wholesome Californian blue figs are used to contribute their rich, yet delicate, fruity flavor. It is the remedy of all remedies to sweeten and refresh and cleanse the system gently and naturally, and to assist one in overcoming constipation and the many ills resulting therefrom. Its active principles and quality are known to physicians generally, and the remedy has therefore met with their approval, as well as with the favor of many millions of well informed persons who know of their own personal knowledge and from actual experience that it is a most excellent laxative remedy. We do not claim that it will cure all manner of ills, but recommend it for what it really represents, a laxative remedy of known quality and excellence, containing nothing of an objectionable or injurious character.

There are two classes of purchasers; those who are informed as to the quality of what they buy and the reasons for the excellence of articles of exceptional merit, and who do not lack courage to go elsewhere when a dealer offers an imitation of any well known article; but, unfortunately, there are some people who do not know, and who allow themselves to be imposed upon. They cannot expect its beneficial effects if they do not get the genuine remedy.

To the credit of the druggists of the United States be it said that nearly all of them value their reputation for professional integrity and the good will of their customers too highly to offer imitations of the

Genuine—Syrup of Figs

manufactured by the California Fig Syrup Co., and in order to buy the genuine article and to get its beneficial effects, one has only to note, when purchasing, the full name of the Company—California Fig Syrup Co.—plainly printed on the front of every package. Price, 50c. per bottle. One size only.

